Health

Lists your current and maximum health levels. Health represents your ability to take damage in combat. When your health hits zero, you die. Your maximum health increases as you advance during gameplay.

Experience points

Lists your current XP (experience points) and the total needed to advance to the next level.

Paragon and Renegade meters

These meters track your choices throughout gameplay.

The Paragon meter increases when your choices are noble, cooperative, or self-sacrificing. Paragons achieve their goals by doing the right thing in the right way.

The Renegade meter increases when your choices are aggressive, selfish, or ruthless. Renegades achieve their goals by any means necessary.

Talents

Assigning points to talents lets you improve combat, tech, and biotics, as well as activate special abilities under each talent.

You and your squad can upgrade talents in the same way. (Go to "Talents" on page 24 to learn more.)

Squad Selection

Use the Squad Selection screen to recruit a balanced squad based on the combat, tech, and biotics talents of each potential squad member.

Press L or R to move among available squad members. Press X to remove or add a squad member. Press Y at any time to review your squad. Press A to accept assembled squad.

You can only choose squad members in two circumstances:

- When you first encounter a new potential squad member.
- When leaving the Normandy, where you can return to change squad members.

Choose your squad with care: when you leave the Normandy, you may not have an opportunity to change them until you can return.

How to Navigate to an Uncharted World

Missions throughout the Attican Traverse take you to uncharted worlds with mysterious anomalies. To discover the nature of these anomalies, you must travel to, land on, and explore these planets.

From the Galaxy Map, select **Cluster Navigation**, **System Navigation**, and then **Planetary Landings**.

After landing on a planet, explore its terrain in your Mako, which comes equipped with powerful sensors that detect alien enemies, technological anomalies, and resources.

Use your Mission Computer map on an uncharted world to discover what is nearby. Press A to set a destination at your current cursor location, which then displays as an arrow on the in-game radar.

How to Leave an Uncharted World

When you're ready to leave an uncharted world:

1. Press START to call up the Mission Computer, and then select **Map**.
2. Press X to return to the Normandy.